

#1

Scared of getting serotonin syndrome

I'm taking 225mg of Clomipramine and my doctor is adding 100mg of fluvoxamine extended release today but I'm scared of getting serotonin syndrome is this safe

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six to twelve months | more than one year

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#2

What the fuck is happening? Mania.

Hi I'd really value some insight from y'all. I've struggled with depression for about two and half years. And have tried two medications over the course of this year (Prozac and Remeron) and while taking both I've experienced fluctuating mood. From being so down that I've attempted suicide twice to being so wild it's left me sectioned (I jumped into the River Thames in May this year). But more than anything, I have these periods where I'm horrifically manic for about an hour. Fast talking, racing thoughts, euphoria, uncontrollable giggling fits and concentrated optimism. But they only last about an hour and are every few weeks.

I've only been diagnosed with clinical depression and my psychiatrist and mental health team are trying to find reasoning as to why I've been experiencing this. I've experienced this on both medications.

Any advice or insight would be greatly appreciated, thanks.

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#3

How did you stop taking anti-depressants?

I have been on Escitalopram (cipralext) for about 3 years now. I have always dealt with depression without meds but 3 years ago I began college and was also having relationship issues - I felt the medication was needed. Now that my life is in a much better place, I want to ween off. The problem for me is that everytime I have tried to ween off of them, as told, I get hit with an abundance of suicidal thoughts. I'm dragging the weening process over months - not quickly - and yet I can't function without even a miniscule dose. I'm just curious how others have done it and how your process was.

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#4

Lexapro stopped working...

Hi

So I've been taking Lexapro for about 4 years now. It recently stopped working and my anxiety is thru the roof again. I have an appointment with my doc to discuss this, but I'm curious if anyone knows. Does swapping to a different SSRI help?

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#5

Quick question for anyone else on Prozac (Fluoxetine)

So I've been put back on Prozac (generic, 20mg) after about a year of being off meds entirely. I've been noticing recently that I feel different. Like, I feel emotions that I've never felt and I don't know how to describe what they are. Like, when I'm off meds I have three moods. Happy, depressed, and completely numb. (My doctor says it's because my body doesn't make enough serotonin so it uses it up too fast resulting in a numb or depressed mood.)

Anyways, my question is if anyone else has had issues identifying emotions they don't usually have, and how did you figure it all out? It's very confusing and I would like to hear someone else's experiences.

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#6

Reflecting on a change in meds!

I was diagnosed with depression when I was 20. I'm 34 now. It's always been with me in some form, from something in the back of my mind, to an actively debilitating wound that played a large part in destroying a marriage, all the way to being fired from a job due to lack of production, spurred on by total apathy for anything in my life following the divorce. I've grown to see myself as Eeyore, just the one who always has something wrong, it's ALWAYS something with me.

I've been on this pill and that, been to therapy, sat in a car in a garage, wanting to start it up.

This year, 2023, I finally just got sick of it. My doctor's office wouldn't prescribe me anymore Lexapro until I made an appointment to follow up with her about it. So fine, I made the appointment - cool, I'm scheduled out literally two months. At least they'll give me some meds to hold me over until then. I took the phq-9 as requested with the appointment confirmation. Scored a 23. Told a coworker right away, and he expressed urgent concern.

I'm sure a lot of you can relate to this: I did not share that concern. I don't hide anything on that questionnaire. Yeah, I always feel like the things that are going on make it hard to go about my day. Yeah, I wouldn't mind not being here anymore - I've since learned the term "passive death wish" and that's perfect. On my commute home from work I see a train and do the standard millennial "I could just go haha yeet and be done with this." but I just keep driving. So I just don't process a concerning score the same way because *this is just life*.

But his concern over that score made me think. Alright this Lexapro isn't doing its thing for me anymore. And I have to wait two months to do anything about it? Forget that. So I decided to self medicate (for the first time, I've always been a very obedient boy to my doctor) and ween myself off. Did it over the course of a month, physical symptoms were fine and the emotional symptoms were virtually no different so I feel I made the right call.

Warn my loved ones that I did this and will probably be a little grumpy for a bit. Tumble and trip through the next two months until I get to my appointment, where I'm prescribed Paxil. Yay another new drug. This gets old. Go through the motions, take it.

Fast forward a month, and I'm making jokes again. I get multiple comments from my brother, friends, that concerned coworker, all saying "man, you're on your game this week!" I've noticed it too. Feeling good. Another month forward and we're up to date.

I'm feeling good. I'm joking, I overheard two coworkers when I walked off after a conversation and they go "god he's hilarious!" and I'm beaming. There's the old me.

At this point, I know this won't last. The Paxil will lose effectiveness over time just like everything else has. It's how it goes. I guess my job then, is to recognize it when it happens. Then I'll have to remind myself of what it's like when it's good and that it's WORTH going through all the BS to find something that works. As depressed people, I think we have a little more self awareness than most, but when it gets rough I have to level that up. I'm taking pictures of myself and friends and my daughter, I'm leaving myself notes, I'm trying to leave a mark of this period in my life so it's easier to reflect on when it gets tough again.

Easy for me to write here when things are going well, but if we don't hear some good, we just see the bad. Happy customers don't leave reviews. I'm trying to leave a good review. Bojack Horseman: that's the hard part - you gotta do it every day. But it does get easier.

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#7

Starting Citalopram

I had a psychiatrist appointment yesterday to get on medication for my anxiety and panic attacks. The propranolol helped me within 30 minutes and today's my first day starting citalopram again after 10 years. I feel so anxious, nauseous, a little shakey with diarrhea from the citalopram and the propranolol isn't bringing me down. How long before you guys adjusted because this is awful.

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#8

Constant nausea due to anxiety-just started Zoloft

So last week I went to the hospital with what felt like norovirus, after some fluids I went home and was recovering for 2 days. Then the anxiety hit so hard that I immediately got on Zoloft and have requested time off school, and I already do talk therapy twice a week. It's been 3/4 days of constant anxiety/nausea and I'm sure some nausea from the medication too. I also have barely eaten much. If y'all have any tips for the nausea please let me know! I've been taking zofran but it sometimes doesn't help fully and would like to try more natural things

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#9

Did anyone have extremely positive experience with tapering off Venlafaxine (Effexor/Alventa/...)?

Recently, about 3 weeks ago, I decided it was finally time to start reducing my Venlafaxine dosage (225mg). I've talked it over with my psychiatrist who suggested I take 150mg every 3rd day for a while, then every 2nd and so on. At first, after about 10 days, I hit the lowest "low" in more than a year. I figured it was due to lower dosage, but decided to stick with it for a bit longer. Then, about 3 days after that lowest point I took 150mg again, except that that afternoon I felt great: I had more energy, felt ambitious and more confident... and it didn't stop. I did get slight zaps in the brain, but nothing close to what you feel if you forget to take the whole dose, which for me became noticeable incredibly soon, in the afternoon of the day I forgot to take it - apparently that's not usual.

After a couple days more of feeling remarkably good (pretty much better than any other time during the last 2 years or so, and those 2 years were filled with several great achievements which still made me feel nothing) I decided to screw it and reduce dosage to 150mg permanently. Ever since then (a week ago) I've been feeling amazing. Sure, I still don't really feel joy or happiness, but my confidence, assertiveness, flirtiness etc. are at my all time high - genuinely, I don't remember ever feeling or acting this confident... I'm at levels I used to envy other people and I can tell by reactions of others that it shows.

Still, it does scare me. Is this an up swing which will be followed by an equally big downturn? My mood never had swings; I would slide in and out of depressive periods, but that was like sliding from a relatively depressed baseline into deep melancholic depression and back. That was it. Is this my brain's reaction to withdrawal - producing more confidence hormones (figuratively speaking)? Did anyone else have the same or similar reaction to Venlafaxin withdrawal/tapering off?

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#10

How do you deal with morning anxiety and how do you manage to get out of bed?

So basically what the title says. I've been using 0.25mg xanax twice a day for 3 months now and it helped me tremendously but for the past week i always wake up with high resting heart rate and unbearable nausea like I used to before medication. I physically cannot get out of bed and stay under cover for HOURS. I need tips cause today I couldn't get out of bed for EIGHT HOURS. It's a new low for me. All advices are appreciated!!

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#11

Wellbutrin/Bupropion in the UK ?

I am keen to know how many people on this subreddit have depression with anhedonia/fatigue/low motivation symptoms.

Interestingly SSRIs have been the dominant prescription in the UK for these symptoms , but I'm starting to think they may not be the answer. Switching from citalopram to bupropion has been a game changer for me , and now I feel low dopamine was the key but I had to fight hard to get it prescribed by my psychiatrist as it's off licence ! SSRI just seemed to give me fatigue and just give me a "placid, pleasant" feeling - which I don't think is the answer for depression in a lot of cases. Why is Wellbutrin /bupropion being ignored in the UK so badly ?

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#12

Can't get any sleep

For the last 6 days I've only slept maybe 3-4 hours per night. I wake in the night and my mind races, my skin starts to burn and I sweat through my clothes. This happened before and I went on sertraline which Made it 10x worse. Waiting for this new med citalopram to kick in ...

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#13

Sorta tapered off Lexapro, on to Wellbutrin [advice]

So I've been half-assedly tapering off of lexapro for a month or two. I mostly just forgot to take it or would only take half of my normal 20mg dose if I remembered. I don't think I've taken any for two weeks and I haven't noticed any severe side effects yet. I also stopped Topamax at the same time. Right now, I have an unfilled rx for Wellbutrin and Doxepin in my purse. I've been on Doxepin before, but not Wellbutrin that I can recall. Is it safe to fill without completing a formal taper from the Lexapro or should I wait another week to put the script in? Also, does anyone have any stories to share about Wellbutrin and anxiety? I know it's not as numbing as Lexapro but it should hopefully leave my sex drive intact

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#14

Help! Zoloft question

I was recently diagnosed with GAD and OCD. I've been on Zoloft for about 6 weeks now. 25 mg for 2 weeks, 50 mg for 2 weeks and 100 mg for 2 weeks. I feel absolutely no improvement. Anxiety still remains and depression still there. OCD is constant.

Does each time you up a dosage give anyone side effects for a bit? Does anyone else have OCD and take Zoloft? Does it help?

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#15

First Post. Is my mom right to suggest I go to mental health inpatient for a thyroid issue?

Hello. I have been going through it with the anxiety a bit the past year. Had 2 panic attacks. A bit moody. Have been seeing a psychiatrist and taking Remeron for about 6 months. And my doctor just ordered bloodwork. Just found out 2 days ago that I have hyperthyroidism. Which can cause anxiety/mood swings. So I texted my mom and my brothers, "just got blood work done. I have hyperthyroidism." Nothing more in the messages. Both of my brothers responded similarly, within an hour, saying, that sucks, hope it is the best possible outcome, love you, let me know if you wanna talk, you're so strong, etc.

My mom on the other hand, did not respond for 2 days. And just now texted me saying, "This explains some of the mental health things. I feel like an inpatient mental health stay may help you with medication to treat both your physical and mental health symptoms. We love you so much and want you to be healthy and mentally well. Let me know if I can help facilitate getting you help." I have been researching hyperthyroidism non-stop the past 2 days, and heard nothing about inpatient mental health care as a treatment. I was happy to see that maybe we finally found out what was causing my anxiety. My mom's response struck me as weird. And she was just shaming the hell out of me for taking medication. And shaming the hell out of her friend who is doing outpatient mental health for depression. She was telling me about her friend and was all "bless her heart, she just wants to color? Coloring books at an outpatient facility? Like literally?" So it makes me feel weird. She definitely shames people for getting mental health help and has to me in the past. Why is she recommended me go to inpatient psychiatric therapy for my hyperthyroidism/anxiety?

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#16

Is this normal after stopping amitriptyline 10mg ?

Hi,

I was using elavil 10mg for about 5 weeks for so and stopped 8-9 days back, since last 3 - 4 days I get bit of muscle twitching all over and occasional anxiety burst (probably due to twitching as trigger). Is this normal for such low dose of elavil ? Any one else experienced it ?

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#17

I'm really depressed and looking everything dark

Hi guys, first I want to apologize if my English is no good, I'm from South America. My mental health issues start very early in my life. At the age of 12-13 years old I start with intrusive thoughts that led me to have my first depression. I had no help during the school period (I start having therapy and medicines at 19) and after my "OCD episode" I never talked to anyone about what was going on. I remember that period with a lot of alcohol, that produce me being very sad and stressed in the next morning and the following days. Also I was very sexualized and have very less and short term motivations. I had a lot of anger that I expressed sometimes. I think it wasn't a happy period but it wasn't that bad because I have a routine, did a lot of sport and have a group that includes me. The finish of my school period was going downhill. A girl that I like rejected, I walked away from my friends and stop playing basketball. In the day of graduation I remember feeling very sad.

So I go to university to another city without my parents, and go to live with my 3 older brothers. I was really depressed when I arrive to this city. I can't interact with people in classes because I had so much anxiety. It was a really challenging because it is one of the top universities of the continent.

Since this year (2017) to the pandemic (2020), it was very hard because I was feeling very lonely, sad and anxious. I drank alcohol very occasionally but a lot in that occasions. I was with a lot of medicines for the depression and anxiety. But in three years, I met very few people. In the pandemic I was also depressed, but in 2021 I start to cry everyday because I thought that the time with a lot of medicines was wasting time of my life. So we start reducing quetiapine and I just stayed with desvenlafaxine. And in 22, from January to May, I was in my prime. I start with a volunteering work where I met very cool people, I start dating with an amazing girl, I was really enjoying that moment and I was very careful with alcohol.

But one day, I was a little bit anxious and go to a birthday in a disco. I was really drunk, and I start flirting with other girls, while I was dating with that girl for like 2 months. The day after I had a guilty feeling very strong, the strong that I ever had. I talked with my girl, she forgives me like one week after, but I still very stressful because I thought that I'm supposed to tell all the details of that night. So I go very stressed that conducted me to a very strong depression. I left the volunteering because one time that I went, I was crying all day.

So after this I recovered from that depression, but it turns to another for the same reason. I recovered from this one, joining again de volunteering one year later and I started drinking again and smoking weed, to feel part of the team. I was so careful to not do anything that can make me stressed the other day, and I do, but also it turns to a very stressed period, only for the substance I guess.

Well, now I'm in the middle of the depressed-stressed period, with a lot of medicines. I don't know what to do, because I think the big issue is to have friends, but this have the problem that most of the times includes alcohol. So I don't want to do. I know the correct answer is not drinking and smoking anymore, but I feel very lonely sometimes and parties with alcohol attracts me. I'm really sad now, I look everything dark and that is no exit from this.

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#18

Extreme racing thoughts. Help!

I have been in a fight or flight anxiety attack for approximately 10 weeks. I am struggling to do daily tasks. The emergency room doctor prescribed me escitalopram 20mg and mirtazapine 7.5mg. I don't seem to be having much relief, i've been on the pills for about 9 weeks. Does anyone have any recommendations for a medication that can help me stop the racing thoughts and ruminating about negative scenarios? Any tips/help would be so greatly appreciated. I don't know if I just have anxiety/depression or maybe ADHD, OCD or possibly even Bipolar 2. Thanks y'all.

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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#19

Loosing weight on Sertraline/Zoloft

Okay, so premise: i have polycystic ovaries and longstanding depression and anxiety. I take the POP pill to stop me menstruating (cause otherwise it literally doesnt stop) and for maybe a month or two ive been taking Sertraline.

Now i had breakthrough bleeding, which i accounted for the antidepressant to be counteracting the birthcontrol but when i spoke to my doctor she said that shouldnt be the case but to wait it out and that it should stop. The only other time whilst taking the birthcontrol that i experienced breakthrough bleeding was when i lost weight... but as far as i was aware at the time i was pretty much the same weight.

Now. Everything online says that PCOS, birthcontrol and antidepressants can cause weight gain. (I am already 200+lbs and this was something i was very worried about) however when i had recently been weighing myself it had not been in the same place as before (the bathroom had been decorated so i had moved to another spot) however when i put everything back in its original orientation i found that i was around 15-20lbs lighter. And since then have noticed a fairly steady downward trend without the bleeding... im now down from 274(ish) to 246.4 in literally the space of a month.

Now all my previous attempts to loose weight were only marginally sucessful and i had to be very strict with myself and would maybe loose 1-2lbs a week... however i have made literally no concious effort to loose weight and yet its falling off.

Dont get me wrong i am in no way complaining! The only thing i can think of to warrant this is the fact that i am sleeping an adequate amount, experiencing zero stress (for literally the first time in my life) and this coupled with the relief of the depression has made me less likely to binge eat/snack and drink alcohol. Thats not to say i dont still overeat, i mean i didnt get this fat purely by chance... but i dont feel compelled to eat something just because its there, i just dont have that need anymore...

Im just putting this out there to see if anyone else had the same experience at all?

*edit for spelling errors

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#20

Maximum dose of olanzapine for bipolar depression alongside lithium

Hi everyone, I would really like to know what the maximum dose of olanzapine is before it starts acting as an antimania medication (i.e. a depressant) when used in combination with lithium? A lithium level of 0.8 in my case. Lithium boosts antipsychotic's effects so I thought it would be a lower dose than olanzapine monotherapy for bipolar depression. I take 60 mg fluoxetine and 300g lamotrigine alongside the olanzapine and lithium. I have searched EVERYWHERE and I can't find an answer to my specific query and circumstances.

I have bipolar type 2 so I am almost constantly depressed when I am without medication and never manic although I have been hypomanic in the past. If you could let me know your thoughts I would be eternally grateful.

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Medication side effects: _____

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#21

Just looking for relatable advice, regarding mental health, behaviour, and drug use :)

Right so here's the thing. i've dealt with mental health issues for as long as i can remember. I'm diagnosed with GAD but i've also experienced a lot of depression and have thought about and attempted suicide on many of occasions.

i only turned 18 half a year ago so i've only just began antidepressants. i started off on zoloft but that caused me crazy mood swings. One day i'd be so sad i couldn't get out of bed then a few days later i'd be buzzing as though im on drugs.

Luckily my doctor noticed this wasn't correct and now im on duloxetine. i've only been on it 9 days so there's not really much to say about whether it'll work or not but honestly i don't have much faith. as im still having these mood swings. i just feel less hyperactive which i guess is a positive.

i've also recently experimented with a few drugs but the ones that have peaked my interest and concern are mdma and cocaine. every time i take something stimulant based i honestly just want to crawl into bed and sleep. and i know it's real drugs cus my friends all get high off the same drugs. im currently on 3 pills of quite strong mdma. my friends took one each and were rolling. im in bed writing a reddit post ■

to me this screams ADHD but i don't like to self diagnose. but im so sure, i've brought it up to my doctor but not really getting much attention for it tbh.

also all my life i've been asked if im and accused of having adhd so idk itd just explain a lot ig. all advice welcome :)

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#22

need some help or insight on zoloft/abusive environment and emotional blunting

so, i've just moved back in with my father. we don't have a good relationship, and my mother passed a few years ago.

he's needlessly emotionally abusive, and i feel hesitant even saying that because part of me wants to downplay his behavior but i think it's the best term to use at the moment. he doesn't communicate his expectations of me re: helping with housework, and i've asked him to clarify so he can stop barging into my space and saying that i am not family to him because i wasn't made aware of a task he wanted me to do. that, and he gaslights me constantly. i've talked to my grandmother about it, as she lives with us as well, and from what she's told me he's equally as nasty with her... which makes me sad. he's just very juvenile and mean and holds things over me and acts like a child when being back in this home is hard. i try not to ruminate over what he says but it really hurts sometimes. like, just to clarify, i don't have a problem helping him with household things... it's just the fact that he holds money over my head and brings up really irrelevant things and is very quick to anger about it. he even said that i'm lucky i live here for free... in my childhood home? :(i don't know. he's just really mean. and i'm always on edge, to the point that i frequent the same 3 stores and check his location constantly so i know when to avoid him.

i went up on my zoloft dose before moving back home, in anticipation of the environment being bad, but it's turning out to be much worse than i thought and i'm unsure if my constant numbness is because of the zoloft or the environment. i'm constantly on edge, uncomfortable, and while he has never been physical with me he slams things etc when he's mad and it's frightening to say the least. i have an appointment with my psychiatrist this week and i'm actively going to therapy but some insight would be appreciated, i guess, because i just had to switch therapists after having the same one for years.

essentially, i don't necessarily need advice on how to cope (but if you have some, feel free, because channeling my dissociative state into reading has been the only thing that's helped), but i just need some insight about what others might think about my situation. thanks for reading

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#23

Any positive stories or tips getting off Vanlafaxine?

I have been taking Valafaxine for almost a year now, I switched to vanlafaxine after being on Escitalopram for over a year which was causing more negative side effects than actually helping me with my depression and anxiety. I know I am not supposed to get off the medication unless I feel better for at least a couple of months, but lately I haven't been feeling that Vanlafaxine is really helping my depression. I still have bad episodes at least once a week, I have lost the ability to feel stuff deeply, I just feel numb and sometimes when emotions are too bottled up inside of me I have these horrible cry episodes.

I already have bad experiences getting off antidepressants. I know there is a high risk that I would fall in a dark place but honestly the numbness I'm feeling right now is making me miserable, and I don't know if being on this medication is preventing me from growing as a person because my main problem is emotional regulation which I can't work on if I'm not feeling my feelings!

I would be so thankful to each one of you if you share with me your experience or any helpful tips getting off the meds.

P.s. My diagnosis is severe depression and PTSD.

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#24

Post effexor

I was on effexor xr, some significant quantity for a few years. It was never my long term plan due to the side effects (weight gain, lethargic, apathy, feeling generally numb while still getting depressed/ideations). My psychiatrist at the time never seemed terribly engaged in bit being on drugs and he unfortunately passed away before resolution. Pass 6+ months on various waiting lists, I get fed up and week myself off over a month and a bit. Not cool, I know, but at the same time I just didn't have the energy to go through the loop again.

Now it's been 2-3 weeks "post", and to say I don't feel great would be fair. I'm back to self loathing, self deprecated, and just generally wishing I didnt talk. It all feels quite familiar, so I can't judge if it's still withdrawal or if I'm just back to where I was. Either way, not super pleasant. Made worse so if my choices seem to be numb/fat/ uncomfortable and not feeling life .. or generally feeling like a pile of garbage...

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#25

**Citalopram (20mg) put me in a better mood but completely demotivated me?
Any fix?**

Citalopram (20mg in the morning) is the first medicine I've taken that seems to have any positive effect on my mood, but at the same time it's made me quite apathetic and demotivated. Anyone else have a similar experience? Any way to fix the apathy/ the motivation problem? I'm thinking of cutting the dosage in half.

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#26

Took medication

I have been depressed for as long as I could remember. 5 months ago i made a failed attempt to kms and i got scared to be with myself. After that i visited psychaitrist and started to take fluoxetine and occasional clozaspam. Here I am today, better than i could ever imagine. I will not say that best but I have hope. Just thought i could share my thoughts and if it could help anyone out there. Treat mental sickness like any other physical sickness by taking care of oneself in every possible way. I am open to further questionnaire.

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#27

I stoped using antidepressants after 14 years - side effects

Hello, during 14 years (18 to 31) I was using (*zoloft, rivotril, ketilept, magrilan, cipralex, neurol, venlafaxin*) and few of them at same time. 10 months ago I finally discontinue with 50mg of Venlafaxin. I had no choice, my cousin comited suicide on antidepressants year ago and I'm pretty sure same fate would await for me, if I continue with antidepressants. In his suicide note he described same things I was dealing with: *"there is no sense of being, I emotionally feel nothing, I see no difference between be or not to be alive etc."*

Probably I don't need to describe the psychological pain I went through during withdrawal, I had absolutely realistic dreams when I repeatedly commit suicide, was killed, my mother was killed, I was tortured to death and all kinds of worst nightmares I can even imagine. Once, the dream about my death was sooo realistic I was totally shocked when I woke up and realize I'm not dead.

Bad time past away and I'm quite happy again :), much stronger than I ever was, but one thing remains, my premature ejaculation. I'm not able to have sex longer than 30 seconds. It has been 10 months and this problem still remains...

Any experience with that, will I ever be able to have normal sex again? Thanks a lot and good luck to all suffering same way I did. Never give up! Not even after 14 years. :)

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#28

Should I stick with my PMHNP or switch to a psychiatrist?

For some context: I have ADHD-PI, dysthymia/PDD, and GAD. I'm looking to get treated for all. After some reading, I found out that PMHNPs have different experience levels than a psychiatrist and after seeing that, I'm unsure if I should switch. I like the personality of the PMHNP I have now and don't see any problems with her but I also don't have a good idea of what is good and what is bad.

With this PMHNP I have now, I feel like I am being heard and they are quite friendly. After our first session, I was prescribed 75mg of bupropion/Wellbutrin and I just went for a follow-up and we decided to continue the medication since I'm not getting harsh side effects and my anxiety decreased very slightly.

I would like to get other opinions on whether I should switch from a PMHNP to a psychiatrist. What I am worried about is, that since I do not have a good idea of what is a good and bad provider, I can't tell if I'm being medicated and treated properly. With a psychiatrist, I have a better chance of being properly treated since they have more experience.

I currently have a follow-up appointment with my PMHNP and the psychiatrist I want to go to does not have availability on the day of the follow up so maybe if I need another follow-up appointment, I will go with the psychiatrist instead.

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#29

2 weeks in taking Fluoxetine - are these side effects or is something seriously wrong with me?

Hi guys,

About 3 and half years ago I was prescribed citalopram for depression, after a rough few months the past couple of years have been great! However upon my last check up with my doctor he changed my citalopram to Prozac due to him not liking the effect citalopram has on the heart?

Anyway I've been taking them 2 weeks, about four days ago I noticed this awful tightening in my chest and just an awful feeling something was seriously wrong with my health, I got an emergency doc appt and he checked my blood pressure, my heart and chest etc and gave me some Tablets for acid reflux or similar ..

Anyway for the last two days I no longer feel like myself and it's really difficult to describe, the tightening in my chest is still there, I seem to have shakes I can't get rid of and I can't shake the feeling of 'something terrible is going to happen' I haven't been able to eat properly in about three days I've nibbled on meals prepared but just have no appetite at all. I woke up this morning and got myself into a panic for no reason and ended up vomiting.

I've had bad periods of depression but have never felt detached like I do now, I just can't concentrate on anything at all. After confiding in my mother she's convinced it's due to the Prozac (don't know why the dr didn't think that) and asked if I could see the doctor and to stop taking them. The doctor said to continue taking them till I can see him which isn't whilst another 5 days, I'm more worried that this awful feeling is telling me something is wrong with my health or something but notice my chest tightening gets worse when thinking about worries and also feels like my hearts beating out of my chest.

Has anyone else had anything similar when starting this drug? I'm sorry if it's a ramble and difficult to read, I signed up as I don't really know where to turn. thank you

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#30

Those who have taken meds: what have been the best/worst for sexual arousal and pleasure (meaning, which hurt your drive the least)?

What's weird: I went on meds at 15, Prozac first, and they killed my sex drive. I spent 6? years on Prozac, then they tried Cymbalta for it because I was an adult and wanted sex with my SO.

Cymbalta is supposed to be way better for drive than a lot of the others, like Prozac.

Did nothing. I went many years only having short spurts of ANY drive, and then for six months at a time I wouldn't even think of sex. Pretty shitty.

I recently changed from Zoloft to Lexapro in September I believe. All my add on meds stayed the same (I'm on seroquel, a heart med as well, etc). BAM, horny as a teen again. It took some getting used to because I wanted to watch porn instead of work (no, I didn't, but I wanted to). It's all good now and I have a healthy sex drive back.

I went years never even wanting sex... being in relationships with people who I WAS attracted to, but I couldn't perform (I'm a woman so it's easy to get around that, I can have sex without really enjoying myself).

Lexapro is an SSRI, like Prozac and Zoloft, and supposed to be pretty garbage for sex drive, but it somehow doesn't work that way for me. I can't think of anything else that brought it back, because it was SEVERE for years upon years. I'm 26 (25 last September) and I finally got it back for good it seems.

Anyone else have experiences??

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#31

Anyone else taking Mirtazapine & Quetiapine

I have been on Quetiapine 12.5mg for 5 months now after a return of mediumly bad anxiety. 4 days ago I dropped the Quetiapine to 8mg and added Mirtazapine 7.5mg. The Mirt was added after discussing with my doctor and he thought it would be a good compliment. I had a great night sleep the first night, first time I had slept through till 6am in 5 months, but since then the sleep has not been as good and more broken. Perhaps just different to straight Quetiapine.

Anyone else taking both? How are you finding it and what dosage are you on?

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#32

Took Mirtazapine last night. Today I have super dry mouth and am staving. Do those side effects fade away over time or do they stay?

I'm not going to keep taking a drug that's gonna make me gain weight because that will make me more depressed. I wish my doctor had mentioned these side effects to me. I didn't sleep well though which is weird bc everyone says it's a sedative. I'm on 15mg

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#33

Feeling depressed on escitalopram oxalate

Hello everyone. Male here. 27 year old. Diagnosis: G.A.D. Medication: Escitalopram Oxalate - LEXAPRO. Dose: 10mg

I am on week 4 now.

My anxiety has diminished tbh but I kinda feel more depressed? I sleep so long and have 0 motivation for anything.

Did this happen for anyone? Does it pass away?

My doc says to wait for 6 weeks before dose change or medication change but...I dont want to be suicidal if depression intensifies. First 2 weeks were ok since anxiety and panic hugely dropped but now I am not so sure that life is great due to depression.

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#34

How do I stop fluoxetine?

Hello everyone, I've been on fluoxetine for quite awhile, and I have stopped going to my therapist, I'm thinking of changing my therapist, but I really want to get off of this medication because I've been on it for months and I'm afraid of getting serotonin syndrome, as my blood pressure has been high recently a lot and I have a phobia of sickness

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#35

I'm committing suicide (my suicide post that I'm posting in a few days)

By the time you read this, I will be dead. I don't think anyone will be surprised that I finally did it. Maybe that's the worst part of it all. I have made people so worried, but they won't have be worried that it will happen- because it with certainty did. I'm tired of being in pain all of the time, and I'm tired of being so lonely. People tell me that I am not alone, but I have been alone for a long time. I have loved and will miss everyone that I have ever had in my life, but I am not sorry that I did this. I hope you will understand, but no one has really understood me in the first place, so it wouldn't be the first time.

The funniest part of it all- is that I deserve this. I wish things would have ended up differently, but there's got to be a reason why I failed. I'm tired of distracting myself with video games, music, or some other thing. I'm tired of having to talk myself off the edge every time I feel like killing myself. I am a terrible person. Don't feel sad for me, because it's either live a long life of feeling like shit or cutting it short.

My therapist told me that I should be nicer to myself and be curious about life, but I can't do it anymore. I deserve suicide. My mental health has already caused pain for the ones that left, but mostly for the ones that stayed to see me slowing die. And don't even get me started on all of the hospital bills- and I don't even feel any better.

The fact is I'm sick of watching everyone have fun with their friends, spending weekends having fun, complaining about stupid shit like guys that don't love them or tests being hard. I used to be like that, and the pain of losing it all it too much to bare. I don't want to live a life as the ghost of the person I used to be. I'm terrified of spending my 21st birthday alone. I would rather be dead.

Don't say you didn't see this coming, because if you didn't, then you truly didn't know me at all. Donate my body to science. Peace out.

With love

Edit: It's been a few days since I posted this. I'm thankful for all of the comments and DMs. To give an answer to a few questions, I am in therapy, did reaching out (as I hinted, reaching out made me lose a lot of people and one person told me I was over sharing), and I am on meds. Nothing in life seems worth it or interesting to me. I sometimes feel okay, but it is overweighted by emptiness, loneliness, and depression. Today was my stepdad's birthday, and I didn't want to ruin his birthday with my death, but it has passed. I still think I'm going to do it. I picked the building, and now it's just a waiting game. Or maybe I will buy a gun.

Edit: 2 months have passed. I am doing a lot better. My birthday passed and it was a great amount of fun. I'm not perfectly mentally healthy, but we are starting to want to live again.

Edit: 3 months have passed. I graduated college!! I also started Prozac in addition to my other meds, and that was really helpful. I reconnected with one of my best friends from high school, and it has been really nice to talk to her. I also tried animal crossing, so that's been my hyperfixation.

Overall, I am doing a lot better, but there are still some rough spots.

Edit: 4 months have passed. I guess I might do this as kind of a journal. It's been helping me out-coming back to it and reading it. It's crazy because I read what I wrote 4 months ago, and I feel like I don't know that person anymore. I understand who she is and how much pain she was in, but I feel so far removed from that and it's amazing. I don't want this to sound like a success story because I still have really hard days and nobody's success story is going to help. But I digress. I still struggle with self-harm but I don't feel suicidal everyday like I used to. I am really doing well because it's the summer but also I have plans with new friends that I made. We plan on going on a camping trip in a couple of weeks so I'm super excited about that. I was hyperfixated on Animal Crossing for a little bit but I found two horror games that I really really like. I'm applying to jobs. I still haven't found one, but I hope that I'll find one eventually. I also met this guy right after I posted my last update. He is really cool, and he lives far away, but I'm going to meet him at the end of this month. I'm super excited! I don't want to rush into anything though obviously because I still have a long way to go with my health. I have been doing better in therapy and it's been helping me a lot more than it has been in a couple of years. Anyways that's all I have for today.

Edit: 5 months have passed. Hey guys, it is time to give another update. Thank you everyone for the continued kind messages. And for those who commented cruel things. I hope the best for you as

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2) Gender (please circle): Male | Female

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4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

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six to twelve months | more than one year

#36

Switched from Effexor to Wellbutrin, having some depressive thoughts and an existential crisis

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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#37

I simply don't feel ok right now

In the past three weeks I've found myself teetering between feeling ok and being incredibly depressed. I'm on 30mg of nortriptyline for migraines and I don't know if that's causing me to feel this way. I've been stressed a lot lately and feeling isolated at work and in my personal life. One of my few friends is away in another state for an internship for the summer. I hate my job and I don't think the person I work under likes me at all. I have nothing to do there and am very bored.

I decided to post this today because I've been getting deep feelings of just not wanting to be here anymore. I'm out with my girlfriend and I feel alone. I feel like I can't speak and I feel disjointed. Any sort of social interaction feels awkward and weird. None of this is my girlfriend's fault but I keep screaming in my head for her to stop talking. Any persistent noise makes me feel disoriented and like I can't focus.

I've tried finding a therapist but anything I find I don't know if they accept my insurance or, if I find them through my insurance, I don't know if they are any good. I asked my neurologist for a recommendation weeks ago but all they told me was that I need to find one that accepts my insurance and they'd be happy to send a referral. Not what I wanted at all. I feel like I don't know what to do anymore. Sorry for such a long, rambling post, I just needed to get this out.

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Duration of treatment of drug (please circle one):

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#38

Prozac and anxiety/depression - thoughts and help please

created this account so i can talk to you folks about this. I've recently been prescribed prozac. I'm in the middle of week two and feel worse than when i started. 20 mg once a day. i feel sick to my stomach almost all the time, not hungry, lightheaded, and more anxious and panicky than ever. I have obsessive thoughts and am easily overwhelmed with the slightest things. All the discussions i've read elsewhere keep saying that things will get worse before they get better and that it takes up to 4 weeks to feel any better. I don't know if i can keep going with this if it's going to take 4 weeks. i feel like i'm losing control of my body and mind like i did back when i had my breakdown years ago. and i dont want to have another break down! Has anyone else been on prozac? what was your experience with it and how long did it take you to get past the initial side effects?

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#39

Seroquel

How do you stop the seroquel munches ? ■

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Medication side effects: _____

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#40

Withdrawal from Duloxetine/Symbalta

Hi, guys!

My life turned one day into nightmare, i faced with severe chronic pain and therefore depression. My doctor prescribed Duloxetine to beat pain and depression in one. So i started to take it and slowly got on 60 mg per day. I had such doze half a year and after started to reduce it to 30 mg. During that period i got all symptoms of withdrawal: dizziness, and most annoying and devastating is brain zaps. Feeling like i sense all my nerves, and most scary i started "to feel" my brain. It last almost two weeks and then ended. Especially i felt it while moving :((

So now i want to quit Duloxetine completely. One month on doze 30 mg and last two days i took 15 mg. Now 2 days nothing and i feel half dead. Dizziness again, brain zaps, crying spells, once i felt strong nausea, and total fatigue and weakness. I slept almost all daytime or just lay on the couch. Total exhausted and wrecked. My brain don' t want to work withouth some doze of that shit.

Idk, how long it may last? Or it's not withdrawal syndrome but my "natural" condition? I don' t know what to think...

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#41

Ran out of my venlafaxine and missed two days. A question about withdrawal effects.

So about 2 weeks ago I ran out of my pills and couldn't get any more for 2 days. Ever since then I've had exhaustion, constipation and nausea on and off. Have any of you ever had this after skipping a few days on Venlafaxine? I'm on about 150mg.

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#42

Tapering lexapro and seeking advise

Sealing advice for severe anxiety following dose decrease

I am a 30M and I have been on lexipro for about 10 years and recently I wanted to lower my dose because of weight concerns. I was prescribed it because of anxiety and panic and started ssris as a young kid. Lexipro has been the most recent ssri.

I tapered down to 5 (from 10) about three months ago and every couple of weeks I go through a very serious, debilitating anxiety episode that last about a week or 2. I can't keep on living this way. I exercise, meditate, eat well, etc...

Would you folks go back up? Should I go up to 7.5 and ultimately 10 or just go straight to 10? Am I going to experience all the bad side effects of going up in a dose? I really am losing hope and I feel I am losing my mind. I'm so damn anxious and can't imagine dealing with tapering to side effects while also experience the degree of fucking shit I feel now.

Please please help. Thank you all so much in advance...yall are the true saviors. I've never had a psychiatrist who helps as much as this community.

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#43

Does therapy ever help?

My shrink gives me crap about continuing with a therapist. They hold my medicine hostage if I don't go. I've seem many and it doesn't help. It wastes my time. At this point, my shrink has given up. She says there's no other meds to try. Everyone gives up on me. I'm addicted to Venlafaxine. I feel held hostage with nowhere to turn. I cannot afford to go to the hospital to get off it. Meanwhile, my anxiety is through the roof. I don't interact with anyone unless I have to. I don't know what to do.

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#44

Question

I have been having a lot of health anxiety and recurring panic attacks within the last few days. I'm on bupropion and buspirone. I have no appetite. I can still drink tho. I was wondering if the lack of appetite could be caused by any of these medications? Also can the reoccurring anxiety cause it as well? Lmk?

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#45

Stopping escitalopram

Im stopping taking my escitalopram I've spoken to my gp who said take it on alt days for a week then stop, which I've done.

It's been a few days with no tablets and I'm starting to get some withdrawal side effects, electric shock type sensations, wobbly legs. I'm feeling a bit more irritable and easily stressed, just wondering if anyone on here has stopped these meds and can give me some idea how long i should expect to feel like this for. I was on them for quite a while over a year or two! I was on sertraline before these but they stopped working.

Prior to stopping I felt absolutely fine, minimal mood swings I'm stopping them as we are hoping to have kids next year and these meds are dangerous for fetuses! Trying to focus on the positives and power on through it!

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#46

Long-term Medication Problems

Hi, I was hoping anyone can give me some opinions or some advice on my situation....

Since childhood my parents/doctors knew something was different about me. At the age of 12 I started on Lexapro. Over the course of about 20+years I have tried all sorts of meds from antidepressants to mood stabilizers and now lithium/ Lamictal/ Paxil / Ativan. I'm diagnosed with GAD, MDD, Agoraphobia and ADHD. BPD and Bipolar 1 Disorder have also been suggested. I feel as if I am not getting better, only worse.

My question is- has anyone been on medication for a long time and stopped with good results? I'm at a point where maybe my meds are making my symptoms worse. I don't really know how I would be without them. Any insight helps!! Thank you(:

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#47

Zoloft & Wellbutrin

About 7 years ago, I was diagnosed with depression. Took Zoloft first. Felt that I started to take everything easy. Because lack of motivation, doctor added Wellbutrin about 2 months after taking Zoloft. After another 6 months, not only I recovered, but also I felt my personality totally changed. Fast forward, two years ago, I was diagnosed GAD. I was prescribed Lexpro and Buspar, but never really felt much difference.

So my question is, I had always thought Zoloft cured me and changed my personality, but maybe it was because of Wellbutrin?

Thanks in advance for any insights.

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#48

Effexor Withdrawals

So I was on lexapro 10mg then to 20mg for about a year and a half and recently switched around thanksgiving time to Effexor 75mg, I felt severe dizziness while on it and did not like it. So my doctor told me to stop taking it for 2 days and drink a lot of water, Monday was day two of me not taking it then Tuesday I got Wellbutrin 75mg to switch too.

My question is are the withdrawals after only one month really this bad? I felt super cold, emotional, irritable, no appetite and when I do have an appetite I eat about a quarter of the meal and then feel sick to my stomach. Same goes with drinking anything too. On top of this I've felt severe dizziness and nausea ontop of anxiety. I was given Antivert for the dizziness and after I took it last night I started feeling immensely better. I had an appetite, could eat and drink just fine but then again today I feel just awful, I've taken half antivert already today about an hour ago.

Any help would be appreciated!

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#49

Living in my personal hell - 22 yo male with Depersonalization compounded w/ MDD and GAD. Desperately need advice and other peoples' stories.

Hi, thanks for clicking this, friend. The title says it all; I have been dealing with depression and generalized anxiety for about 3 years. I've learned coping skills and can pretty much accept that reality. The fucked up thing is, though, is that I have been suffering from depersonalization for nearly a year now. And it's insufferable. To be clear, I am not suffering from derealization. I am very aware of the real world and it's mechanisms and that I am doing things in the present. I work two part time jobs right now and manage to function relatively well, it's just - my personality; it's like fucking gone. I feel like a robot. I'm less aware of my surroundings than I used to be, and I struggle to have conversations with people because I simply don't know what to say. Everyone at my jobs eventually start to think I'm a quiet asshole or that something is wrong with me. I can't make any friends and it's so lonely. And that's what kills me. I've lost connections with friends, and family members. Especially my two younger siblings who I now struggle to connect with. I could deal with the anxiety and depression if I had friends, if I was more sentient; if I didn't feel like a fucking emotionless robot. I need advice on how to cope w/alleviate the depersonalization. Anything. Please share your stories. I would be so grateful. It's a horrible thing to experience and I don't wish it on anyone; however, it is comforting to know that I'm not alone in this, which is why I'm seeking out advice here. For anyone that cares: I take duloxetine 90mg per day, Clonazepam 0.5mg for panic attacks, and 50mcg of levothyroxine for my Hypothyroidism, which is currently in remission. I also smoked a lot of weed in the last 2 years, mainly to cope with the depression. Last 6 months I have slowed down my consumption dramatically and haven't smoked at all in the last week. Have dropped LSD 8 times in the last two years. That's all I think.

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#50

update on health post-inpatient

hi yall i'm back from inpatient!! i'm all good now. i was diagnosed with psychotic disorder (unclear of details) and bipolar (type 2) on top of my preexisting illnesses. ■

doubled my celexa, quadrupled my buspar, and now i'm on 10mg of abilify !!! hoorayy!!!!

thanks for all the support ♥■

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#51

Are my Sertraline side effects normal?

I recently started Sertraline (50mg as of two weeks ago) for my OCD, as well as for depression symptoms. Ever since there are nights where I feel extremely confused, though I don't know what about, nauseous, and overall quite upset. This is along with all the regular symptoms of depression that I know are meant to worsen when you start SSRIs. I have arranged to talk to my GP and am waiting for an appointment, but I really just wanted to see if this is something anyone else experiences/experienced?

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#52

Paroxetine and tapering off!

I have only been on 10mg for a couple of months before I started reading the side effects of coming off.

For me it's not worth it, I am now doing ok after a listening to a few YouTube channels.

I have never really liked tablets or pills of any kind anyway and I don't even like taking anything for headaches lol

I've decided to taper off and so far have had no side effects.

I started on 10mg which is half a tablet every morning and never went up to 20mg like my doc suggested.

Every 5-7 days I have lowered my dose from 10,8, 6, 4, and now 2 which is less than a quarter of a tablet and it's getting really hard to cut now.

Today I am thinking of not taking a tablet at all and starting Monday fresh with no medication. This is scaring me but I know I want to taper off and not have any tablets so the start of the week seems like a great time to do it. I also have another 7 days holidays and so I don't have to go to work.

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Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#53

Week 3 on Zoloft

Im on week 3 on 25mg of zoloft and every morning when i wake up ive been experiencing rapid heart rate sometimes shooting up to 150-160bpm and my body goes through these cold body rushes. Its scary and hella annoying and im pretty much rushing to the hospital all the time. I was wonder if anyone else has experienced this and how long it took for it too go away? This is my 2nd time being in Zoloft. It did help me alot the first time but I don't really having this side effects.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#54

Asked for my psychiatrist to up my sertraline for like the 3rd time from 150 to 200 but he won't do it.

Basically, I've been having on and off brief depressive episodes for a while. I've been on sertraline for literally 6 years the dose raise will not be a major thing. Last summer I went from 100 to 150, barely noticed anything apart from gradually depression lessening. These last two weeks I've felt Suicidal without being triggered by anything in particular. I'm in therapy, which helps but I do have biological tendencies to go into depression. Can i just ask the gp as my psychiatrist is private. I take 200mg every few days and it does actually help a bit especially if I take it like 5 days in a row, but my prescription runs out and I have to order in early, now I have to do a mood diary for two weeks to see if it's worth adjusting my dose. I acc feel alright today but I just want to prevent the reoccurring low mood because I can't hold down jobs if it comes. He said he might put me on something other than sertraline anyway meaning most likely anti psychotic which I don't agree well with from past and I don't see why u wouldn't go full dose with current medication rather than introduce a new one to a finely tuned patient. What would you do?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#55

Experiences with Paxil (Paroxetine) and Early Morning Side Effects?

I have been prescribed paroxetine (Paxil). Has anyone taken this medication before? I need to be at work by 6 AM, and I commute by bicycle. If I take a 20mg tablet at 5 PM, will the side effects last until the morning? Previously, I was prescribed desvenlafaxine (Pristiq), but I felt nauseous around 8-9 AM when I took it at 7 PM, so I stopped. Does anyone have experience with Paxil?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#56

Wellbutrin

Wow. Today is day 32 of taking wellbutrin and I still haven't noticed any change in how I'm feeling. I don't feel any better and have not had any side effects. Did it take this long or longer for anyone here to experience a change?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#57

Anyone else had anxiety their entire life?

I've been having panic attacks since childhood, we didn't call them that and my parents just thought I was an uptight kid and I never saw anyone about them. When I was in my 20s I saw a Dr and was prescribed medication and some therapy (I only went to one session). I'm 35 and I don't take any medication but I'm debating going on again because I just don't want to have this general sense of doom that I always have.

I just want to feel relaxed for once. Is this possible? Or is this just who I am?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#58

Has anyone successfully weaned themselves off paroxetine?

I am trying to wean myself off paroxetine and have currently got myself down to half a tab. On day 3 and experiencing a few withdrawal but nowhere near as bad as going completely without. So my question to you is how long did it take to come off completely?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#59

Celexa side effects??

I just started taking the generic form 4 days ago. The past few days I've noticed if I smile or hold down on my lips they twitch a lot. Also, my arms and legs feel tingly. Has anyone experienced these types of side effects? I know it take a bit for your body to adjust. I just don't know if these are side effects that I need to stop taking the medication :/.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#60

Finally decided to start medication and was prescribed citalopram

Backstory: My mother was verbally and emotionally abusive toward me and my father and I decided to basically become emotionless and mute to not give her the satisfaction of seeing me break down. This quietness caused me to become socially awkward and develop anxiety in outside situations, leading me to basically have no friends/relationships besides ones in long-term situations such as being in my school's band for 8 years. The flat affect was supposed to just be a defense mechanism at home, but eventually I started to genuinely struggle to smile and show my emotions to other people. To this day, I don't really talk at family gatherings and the like.

My father passed away last year and I was forced to move back home to take care of aforementioned mother. Besides my overall problems above, I'm in an even more depressed state being forced to be a caretaker and put my life on hold when it was just getting started (I'm 24), plus my best friend is gone. Therapy wasn't really doing it for me, so my GP decided to put me on citalopram.

What are people's experiences with this drug in terms of anxiety? She said it would really be good for my obsessive thoughts. Has anyone else also had it help with a flat affect? Also, when is the best time to take it?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

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less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#61

Wellbutrin and anxiety?

I've been on Wellbutrin for about two months now. Overall it's been amazing. Starting it has been a night and day difference. I feel happier, not irritated anymore. I'm able to focus better and I don't get as overwhelmed with my to-do lists. I'm also losing weight which has helped my confidence. It's basically improving most of my prior mental health concerns.

However, the past few days my anxiety has been kinda high. Which is abnormal for me. I'm not sure if it's due to the lack of sleep. On average I get about 3-5 hours of sleep. I tend to sleep in on my days off work so that kinda makes up for it.

But here lately I've been dealing with back pain along with the lack of sleep, getting dental work done and just general life stressers.

When the back pain got really bad my mind jumped to the thought of becoming paralyzed, then permanently disabled, then financial ruin. None of which is really logical.

Has anyone experienced an increase in anxiety after being on Wellbutrin? If so do you have ideas on how to make it better? Any recommendations for managing the anxiety?

Do I just wait and see if it passes like I did with other side effects?

My main concern with this is leaning on my partner. They are super supportive and will listen and try to help as much as they can, but they also deal with their own stuff, so I feel it's unfair to them and frankly it's annoying for me to deal with so I presume it is for them as well. They are great at reassuring me. But I imagine it gets old after a while. I know it does for me anyway.

I just hate feeling like an anxious mess over stuff I know isn't logical.

Thanks in advance for any advice. Also sorry for any typos it's 3 am.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#62

When to take Trazodone to assist in falling asleep fast?

Hello everyone! Im currently having a sleepless night even though I took my nightly Trazodone. It didn't help me sleep much yesterday either so I took it a little earlier than usual (like an hour before I was ready to sleep). I thought this would be great timing but it doesn't seem it was. If anyone has experience taking this, what timing worked best to help you fall asleep fast?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#63

A question about Venlafaxine extended release

Over the weekend on both saturday and sunday I slept in and didn't end up taking my medicine untill 11:00 on both days. I normally take my dose at 8:30 in the morning. Should I now wait until 11 or is it safe to go back to my normal schedule?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#64

Antidepressants with LEAST RISK of side effects and withdrawal

Im 22 and have been suffering from severe depression and social anxiety since I was 15 years old. I tried 2 depth psychological therapies, one behavioral one and over 13 different meds (SSRI, SNRI, atypical, tetracyclic, moclobemide, neuroleptics) without any success. Nothing helped.

Im on Mirtazapine now and while its the only one that had a tiny bit effect at least (better sleep, better appetite) I still suffer a lot daily. I got on it after long break of ADs as my doc told me its very low-risk and she was right, at least regarding side effects (Idk about possible withdrawal) which I dont have any, except for sleepiness after I take it and increased appetite, but I welcome that as I had bad insomnia and sleep issues and Im very skinny.

So I was wondering if I just give a new med I never tried before a try or try the Mirtazapine + another med as a combo. Im really desperate and just started a new job I really like and dont want to lose, but in my condition right now I cant keep it up any longer if I dont improve mentally. I also registred for the gym and changed my diet, but Im still depressed and anxious af. Also my cognition is very bad.

Is there any antidepressant that has low risks for side effects and withdrawal that you could recommend me? Im adding the list of my tried antidepressants below so you have an overview.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#65

Feel so depressed help

Been taking zoloft for about 2 months and seroquel at bedtime to help me sleep..I feel so depressed

■ ■ ■ ■

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#66

Adverse Reaction to Zoloft?

I was prescribed 50mg of zoloft to take yesterday as the first medication to try and help with my mood and OCD. A few hours after taking it yesterday I felt super nauseous and had diarrhoea twice (tmi sorry). I barely slept last night and today after taking the pill again I feel nauseous, upset stomach and have a super bad headache that won't go away. I also feel super thirsty. I just feel generally unwell and I'm spending the day in bed. Is this normal?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#67

Ketamine treatment induced DP/ anxiety

HELP!!!

I am feeling HORRID since I tried ketamine treatment. I feel this sense of disconnection in the morning when I get up and I wake up extremely early now around 5-7 am. I am very very restless and cannot sit still. None of this was a problem before.

Before it I just had low mood and anxiety. Now I actually have more problems. I did the ketamine treatment (2nd infusion) 4 days back. Im still suffering badly.

Physically I have a ton of nausea and my anxiety is all over the place. Im worried I will not feel the same as pre ketamine infusions!!!

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#68

How do I bring this conversation up to my doctor?

My doctor knows I prefer non-medicated options whenever possible but is understanding and willing to write prescriptions when I need them and work with me on my options.

Problem is a few months ago I was doing way better and considered stopping my depression meds but she decided I should wait just in case so I did. Well, now I feel worse. Worse than I felt when I tried to end my life a few years ago. I know I need stronger depression meds but I'm afraid to ask her. I'm currently on 75 mg of Doxepin (helps insomnia and depression). Does NOT help me much in either!...

She also knows I've struggled with substance abuse in the past due to past mental health and medical records so there's no hiding it.

So how do I ask for better depression meds while also being clear I do not intend to misuse them?

Like I'll do blood tests, drugs tests, pill counts... anything! I just need at least a little bit of my depression to get better! Just enough to keep my nose above the water! If I could go 24 hours without genuinely considering ending my life I'd be happy with that! That's all I'm asking for...

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#69

Is it normal to feel like my whole body is shaking on sertraline?

(18M) I've recently been diagnosed with GAD and have been prescribed 50mg sertraline tablets. Ever since taking them I have been feeling like my whole body is shaking, but it's not. Is this normal? and if so does it eventually go away?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#70

Panic disorder meds not working. Anyone try buspar?

I've had GAD and panic disorder since high school (about 8 years ago). I've been on Prozac, zoloft, Cymbalta, and effexor. All of them gave me bad side effects such as profuse sweating, insomnia, and massive brain zaps.

I recently saw a new doctor who was really adamant about starting Lexapro. I told him I didn't want an SSRI but he wanted me to do it anyway cuz he thought it would help.

A few days in I had such bad narcolepsy, I was asleep for 24 hours. I'm sick of this shit.

I want to tell him to give me buspar because I've heard good things about it. Can anyone give me some input :(

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#71

3 nights ago I attempted Suicide.

I got into a fight with my sister again. Because she cracked jokes to her friends online because I take medication and she insulted my intelligence, saying "My mom has to tell me to take my pills. All because I called her a loser for being lazy and leaving our dog outside to play video games. My sister has abused and bullied me my whole life. She's the biggest source of my depression and anxiety. She destroyed my self worth and confidence. So I unloaded on her and called her every name in the book. Of course she fake cried about it and told mom that I'm ruining her life, when she ruined mine.

And my mom took her side and called me a selfish son of a bitch. Of course not understanding my side of things.

And saying I instigated it, when My sister had no business talking about me like that.

So late at night I took my Trazodone and Citalopram and swallowed almost all of them. All my Citalopram and most of my trazodone. And all that happened was I threw up....

I don't understand. This time I wasn't afraid to die. This time I felt nothing but peace and for some reason I'm still forced to stay here in this place with these people.

I despise my sister. She is my enemy and she's a cruel, selfish, horrible, evil human being, just because things didn't work out in her life she has to tear everyone down.

Mom said my suicide attempt didn't work because I'm not supposed to die. I think that's bullshit. It's probably cause I layed the wrong way. After all my other attempts failing due to fear. This should've been it. This should've worked.

Now I'm no longer afraid to die so I don't understand why I'm still here.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#72

Citalopram and cbd oil

Hi, I've been taking citalopram for nearly a year now, 20mg daily, for depression/anxiety. Initially quite effective but I feel lately it hasn't been working so well. My partner has been suggesting I try cbd oil. Does anyone know if this is ok to take while on citalopram? Any experience of its effectiveness?

Thanks

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

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Medication side effects: _____

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less than one month | one to six months

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#73

starting mitrazapine/ remeron

i'm taking my first dosage of remeron tonight for anxiety. i'll take it with my prozac and i also took a hydroxyzine earlier. i am extremely anxious though because i've heard bad side effects. i'm already starting to panic. can anyone tell me good experiences they've had on this to like calm me down

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#74

Cymbalta stopped working?

I started Cymbalta 2-3 years ago, I don't even remember, for dysthymia and major depressive disorder. Originally got put on Effexor, but I was given 100mg straight away and had like a full ass range of emotions from panic attack to uncontrollable bouts of laughter in a 24-hrs period so I never took a second dose.

A lot of people take antidepressant and talk about having symptoms where they feel numb or muted emotions. My issue is I was ALREADY feeling that. That's my normal state. So I guess the cymbalta was supposed to be something that helped that.

It did seem to work at first, my mom told me she noticed a difference. But I have found myself not noticing anymore. It's like I slipped back into depression. I'm still quick to get angry, anxious, annoyed all the time, and get depressed thoughts. I have trouble concentrating, I dissociate. I've also gone from 100 pounds to 170, which seems extreme. So my self image is in the toilet. But I'm currently in a graduate program and I'm afraid of the withdrawal completely destroying my ability to function. I'm also scared that maybe my depression will get worse and I'll just flunk out of the program. But I've essentially pushed myself away from everyone and already feel burnt out anyways. Looking for advice.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#75

Remeron or coffee induced mania?

Is it possible for Remeron to cause you to experience a bout of mania out of the blue? If one has never experienced mania in their life and then started taking Remeron, could that mean they were having a bad reaction to the medication?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#76

Starting Buspirone while on 60mg fluoxetine

I just started 7.5mg twice a day Buspirone (Buspar) today. Does anyone else take it while still on a higher dose Fluoxetine (Prozac)? How long have you been on it? How does it make you feel? I was super nervous starting it. Still am.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#77

Just switched from Citalopram to Zoloft. Could I please hear some positive experiences with it? So far so good, but only a week in.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#78

(UK) I need advice on how to get a repeat private citalopram prescription.

I live in Northern Ireland where public services have gone down the drain (if you think GB has it bad, think 100x worse). I was struggling to get my GP switched from my old Uni address in England to back home so I got a private prescription for Citalopram and the doctor told me I would have to continue it on the NHS.

Citalopram was life saving for me, so I instantly got everything done on my end to transfer GPs but long story short, the GP reception messed it up multiple times. I then got another private appointment where the doctor was very understanding of NIreland's situation so made an exception and gave me one more prescription.

My GP registration then FINALLY went through which I thought was my problem sorted but then I found out that it is basically impossible to get through to the GP and that it is all down to luck. I call every day that I am off work at 8:30 on the dot, the call either fails or says line busy. Today I finally got through which I was ecstatic about, selected the options and then at the final moment, the options suddenly don't work! and instead of asking me to try again, it ended the call....

The prospect of not getting another prescription has me freaking out. Citalopram may not have gotten rid of my anxiety but it makes it so that I can actually function and manage it.

The private prescriptions have only cost ~£10/m so it is affordable for me to go down that route for now, I just don't know any private clinics that offer repeat prescriptions.

I would appreciate literally any advice, I just can't deal with being patient with public services just for them to be unreliable.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

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7) Drug #3: _____

Medication side effects: _____

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#79

Depression Medication Help

Everything that actually helps me - namely things that work on serotonin - i.e Amitriptyline really was helping, Lexapro, Mirtazapine etc - Affect an issue I've had for a very long time which make me unable to take them. They all inhibit Diamine Oxidase (DAO) which breaks down histamine. Due to this, basically 2-3 days after I've started a medication that seems to be working, I'll eat something and instantly start to feel anxious, like my whole world closes in and I have nothing.

It's killing me, I need something that will stabilize my nervous system. Literally a day after starting say - Amitriptyline I feel much much better!! But they all stop me from being able to eat/process histamine. I really don't know what to do here :/ There seems to be an issue with my histamine/serotonin system - Any thoughts on something that may work that DOESN'T halt the breakdown of histamine??

1) Age: _____

2) Gender (please circle): Male | Female

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#80

Venlafaxine side effect?

So I got switched to Effexor recently. I took 37.5mg for 3 days then was told to double it, so I have. I've been having a strange feeling like I'm living in a dream. It's like no emotion, and a sedated whatever attitude. It's hard to describe but sometimes I feel like i'm watching myself do stuff. Anyone experience this?

1) Age: _____

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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#81

Wit's end- even ketamine didn't help

I'm sorry to launch into a stream of upset consciousness but I'm hitting a wall time and time again. I carved out two weeks to try the initial doses of a ketamine therapy program that's entirely remote, but after this second dose, twice the initial amount I was given as a tester and I still haven't hit any fundamental new ground in my thought patterns or behavior, in fact grinding down into a new low of feeling too f***ed up for even horse tranquilizers.

For context, I did talk therapy for years with different folks throughout what's probably a 15 year span starting in adolescence with several SI episodes in between, had only one therapist I felt truly "saw" me but she became way too expensive to afford after the pandemic hit. I did a week of inpatient fall of 2020 to try SSRIs in a controlled environment and the effects were minimal, slightly better focus and energy but still plagued by self hate and hopelessness. Also my appetite supression/eating disorder hasn't been effectively treated by anyone, I go for spells without eating, no desire at all, and this causes no alarm because I was a heavier person before and all anyone can really see now is me looking closer to an industrial standard of beauty, so in essence, better than I did when I was "healthy".

I feel like I'm nothing but a poorly stitched together mannequin of masks and I'm tired of most of the responses I'm getting being some sort of puzzlement as to why I could possibly be this unhappy, and folks beginning to give up on me as I have on myself.

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#82

Wish there were alternative treatments like for depression

I've dealt with social anxiety and depression for a long time, tho my current main issue is social anxiety.

If I just had depression and not SA, I could 1. Go back on Welbutrin (helped my mood a LOT but did not help social anxiety) 2. Try psilocybin or 3. Try Ketamine therapy.

In my experience with social anxiety, SSRIs are the only thing that worked, and there is no "alternative treatment" like the afromenrioned shrooms or ketamine for depression.

Bc I know this might be asked, **Yes I tried therapy, yes I tried exposure therapy (not w a professional but I really put myself out there), I had several cashiering jobs, yes I tried meditation and yes I tried exercise + a healthy diet (still doing this one).**

Nothing slightly helped as much as SSRIs for the social anxiety. They helped SO MUCH with that.

But SSRIs gave me sexual issues for years after quitting so... yeah. I'm better now in that department but kinda want to go back on anyways since my life is in ■shambles ■

This is really just a vent post and me **wishing that there were new alternative treatments for us** dealing with social anxiety like there have been for depression ■■■■■

1) Age: _____

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#83

Zoloft and Bupropion?

Anyone else on this combo? I just started the bupropion to in combo with my Zoloft and Idk what to expect! And suggestions or warnings??

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Duration of treatment of drug (please circle one):

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#84

Abilify or Cipralex for Anxiety?

Hi All,

I have been diagnosed with anxiety (previously unmedicated) and query premenstrual dysphoric disorder. The later was diagnosed recently after a big life change 2 months ago (new job) where I started having an increase in overall anxiety and anxiety attacks. The first 2 weeks of my new job I was barely sleeping, couldn't concentrate, wasn't eating (lost 8 lb), etc. These symptoms seemed to get much worse during my past 3 cycles, to the point where I sometimes felt out of control with my own emotions. This past cycle was improved (less anxiety, but a lot of crying and sadness).

Around the time I started this new job I was prescribed Ativan for anxiety attacks. I have used it only a handful of times as a "rescue" of sorts. I was then prescribed Cipralex 10 mg (generic) and took it for about 1.5 weeks before stopping. It caused a huge increase in anxiety, insomnia, jitteriness (like I drank 10 cups of coffee), jaw clenching, difficulty concentrating, etc.

My doctor thinks it may have been the SSRI class of medication that I reacted poorly to so now wants to start Abilify 2mg. He also completed a bipolar screening with me and I screened negative. I'm nervous about starting Ability as I haven't read great things about it, and it isn't a typical anti-anxiety med. I am now thinking about requesting to try the SSRI again at a lower dose instead of this new medication, but again I am worried about the side effects it caused. I don't take any other medications and have also been thinking about not taking either anxiety med.

Can anyone share their own experiences with these medications?

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Medication side effects: _____

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#85

Celexa (Citalopram) and blurry vision

I've been on Citalopram for 5 days, and I am starting to have blurry vision. I've noticed it the last 2-3 days. It has been mostly noticeable at night, but it is more noticeable today during the day. It is just slightly blurry, and at night there is a bit more of a halo around lights. When it is noticeable, it feels like my eyes are sticky when I blink.

I called my doctor today because this is listed as a side effect to contact your doctor over. I was told to continue for 1-2 weeks to see if the side effect goes away, and to call back if it gets worse.

I just wanted to see what experiences other people have had. I feel rather nervous since it is my eyes that are affected. I am especially worried because I have never had good vision, and my family doesn't have a history of good vision. If it is a simple side effect that will go away, that's fine, but I'm worried about permanent damage. I want to trust my doctor, but this was highlighted as a particularly bad effect.

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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#86

None of it has helped

I think I've been depressed since I was 12. I'm 21 now and it feels like I should just cut my losses. I've tried to get better but nothing has helped and I'm always left feeling like it's my fault it didn't work...

I tried therapy, my first therapist was kind of helpful but my insurance changed and I couldn't see her anymore. My second therapist I didn't really feel a connection to and anything I did that made me feel better wore off within a few weeks. My third therapist is probably going to lose her job because all she would talk about is covid and pseudoscience and rarely would she talk about anything useful. I tried meds. Prozac, nothing. Wellbutrin, nothing. Sertraline, nothing. Lexapro, nothing. Lithium, nothing. Gabapentin, nothing. Been on amitriptyline for a month or so now and all it did was decrease my libido. I was prescribed a benzo so I can get over my fear of needles and it kind of made me feel better when I tried a half dose but I don't want to be addicted to benzos the rest of my life.

I'm also just out of motivation. I don't want to do anything. Video games feel like a chore, I don't really have any friends because I feel uncomfortable around most people and feel drained after 20 minutes of talking. I was generally an outcast growing up. Kids didn't really wanna hangout with the fat weird kid all that often. So I kind of just grew up separated from anyone outside my family (which was pretty abusive looking back) and never shook the feeling of being the outcast. Now no matter what I feel like an outsider to any group even if it's one I'm part of.

I thought maybe I was burnt out so I took a month off work using FMLA and didn't feel much better. Ended up walking off the job because I felt awful every day. Been unemployed and unable to hold a job for the past 6 months.

I thought maybe I needed a new hobby, maybe I was tired of video games all the time. I bought a longboard and learned to ride. It's fun but I barely ever feel the motivation to ride it. I bought FL studio with my stimulus money because I've always wanted to make music but I can't get beyond a simple loop before I give up because I don't like it or just don't know what to do next.

I feel like a spiritual piece of me is missing so I looked into Buddhism, because I was raised Mormon and Abrahamic religions leave a bad taste in my mouth, but the nearest temple is a 40 minute drive through the city and I hate driving in the city.

Right now I feel like I'm just waiting to die. My days feel like they stretch on for eons and weeks pass in the blink of an eye. I just feel so bored with life. There's nothing here that really makes me want to keep living. I have a partner and pets but I'm so empty and devoid of anything besides a melancholy indifference that I can't care.

I rarely get anyone responding to these. Idk why I keep writing them. I feel like I'm looking for some piece of advice that radically changes my world view so that I can see a point. Though it feels like I'm looking for something that doesn't exist.

Just feeling broken, I don't know...

1) Age: _____

2) Gender (please circle): Male | Female

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Medication side effects: _____

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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Medication side effects: _____

Duration of treatment of drug (please circle one):

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#87

How much anxiety do you still feel on antidepressants?

I've been on my antidepressants for about 2 months now. On most days they quiet my mind and emotions enough so I can function and , dare I say, even enjoy myself even when everything's not perfect. But, I still get breakthrough anxiety around triggers and high stress situations. It's a lot more manageable than without drugs but it can still get bad enough that I have anxiety attacks sometimes. Is this normal? Or should I try to up my dosage so I feel better? I'm going to talk to a doctor about this obviously but I'm curious about everyone else's experiences.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

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#88

How to overcome the hurdles and aftermath of untreated depression?

I live in Canada. I had untreated clinical depression from age 12 - 17. I am 18 now and have been on escitalopram for a year. I'm super behind on high school, my family or I can't afford therapy, and I have an overwhelming amount of baggage on my shoulders. I feel like I can't communicate with others without constantly lying about my education and past. I don't want to blame others, but at the same time I can't handle being blamed when I had no control. I just feel like an imposter and can't help but think that my youth has been wasted. I feel like I can't connect with others. I feel like I have no place on earth. I just want everything to over. I just want to be happy.

1) Age: _____

2) Gender (please circle): Male | Female

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4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

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#89

Venlafaxine HCL

hello! I am 30 F and am prescribed venlafaxine hcl for anxiety/ depression. I recently was diagnosed with SIBO and always have extremely bad trapped gas. Someone suggested taking activated charcoal but im not sure if this would have any reaction with the venlafaxine hcl? Has anyone used both?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

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Medication side effects: _____

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#90

Is this depression or something else?

I am a university student and tried to suicide first week of university. For 2 years I take medication for depression. Anti-depressants like venlafaxine , imipramine , setraline etc. But I feel anxious , panic. These effects are very hard in the university. But when I take benzodiazepines like alprazolam , clonazepam I feel good. But doctor said I have depression. Is it depression or something else?

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#91

been on paxil two weeks after zoloft pooped out on me. any experiences with paxil ?

hi all , my zoloft pooped out on me and am currently weaning off it. i have been on 20mg paxil for two weeks now , not feeling any improvement yet. anybody here have experience with paxil for anxiety and panic disorder ??

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#92

Mirtazapine: Doc increased from 30mg to 60mg?!

I never got much effect of mirtazapine, first 4 months 15mg then 5 months 30mg and I was ready to quit it / taper off as their were near zero effects again (it is my 13th „failed“ med already now), had an appointment with my new psydoc (I just moved to a new country) and she told me to increase to 60mg as its even possible to go up to 90mg with Mirtazapine (also called Remeron).

I thought 45mg is the limit?

And I also heard from previous docs if 15mg and 30mg didnt work it wont work at higher doses.

Anyone here knowing better? Is an increase a good idea?

Anyone having the experience that increasing from Mirtazapine 15/30mg to 45/60/75/90 mg had a profound positive change in effect and suddenly worked or began showing antidepressant/anxiolytic/better stronger effects?

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Duration of treatment of drug (please circle one):

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six to twelve months | more than one year

6) Drug #2: _____

Medication side effects: _____

Duration of treatment of drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

7) Drug #3: _____

Medication side effects: _____

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#93

Anyone take propranolol, diazepam and amitriptyline?

I used to take amitriptyline and diazepam together, I have very severe anxiety, panic attacks and agoraphobia. However my heart rate starting going extremely high recently with episodes reaching 194 (wasn't having a panic attack just started pounding and speeding up) my hr has been high since shooting up just rolling over in bed so I've been put on propranolol until I see a cardiologist. My question is is anyone on propranolol with amitriptyline and diazepam, all 3? I feel like I really need the diazepam to take the edge off my anxiety.

I'll send the question to my gp but wanted to check if anyone is on this mix and if it's safe as i know they can all make you sleepy

Thank you

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug #1: _____

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Medication side effects: _____

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#94

citalopram has zapped my energy

I've been living a whole decade in flight or fight mode now with citalopram I have no more energy :/
I'm peaceful but like dammn any physical activity burns me out quick now :(

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Duration of treatment of drug (please circle one):

less than one month | one to six months

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#95

What if you've tried everything

What if I've tried therapy and antidepressants, what if I've called all the suicide help lines and told my loved ones.

What if I've been actively trying to fix my mental health for 5 years and gotten nowhere?

What if I've tried all of these:

Depression:

Trintellix

Zoloft (Sertaline)

Pristiq

Trazodone

Wellbutrin (Bupropion)

Escitalopram (Lexapro)

Venlafaxine (Effexor)

Fluoxetine (Prozac)

Fetzima (Levomilnacipran)

For anxiety

Citalopram (Celexa)

Oxazepam

Lorazepam (Ativan)

Clonazepam (Klonopin)

Buspirone/Buspar (

What if I'm currently on

Wellbutrin (Bupropion)

Prozac (Fluoxetine)

Trazodone

Buspar (Buspirone)

Klonopin (Clonazepam)

Fetzima

What if even on 6 medications at the same time with most of them on the max dosage isn't enough?

What if I've been going to therapy for years? Been on medication for years? What if I have people that I love but that I'm starting to feel more and more apathetic towards because caring is exhausting and I'd rather just go.

What if objectively my life isn't a failure but I believe I should end my life before people start seeing it as one?

What then?

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#96

My Anxiety/ Depression 30 day journey with medication! Starting from day ONE (CIPRALEX & SEROQUEL)

Hello All!

I'm a 21 y/o male who's been suffering from Anxiety/ depression for 5 years. These 5 years consisted of my trying to find NATURAL ways to cope with my anxiety/ depression such as (deep breathing, meditation, exercising) & it %100 helped me

10 being extreme

0 being no worry at all

I'd say I went from a 10 to a 8 without medication, I've been stuck at an 8 for the past year I'd say

Day 1: Judgement day!!

I booked appointment with my family Dr & we came to conclusion I have anxiety / depression.

He prescribed me SSRI medication - I decided to journal my physical / mental emotions right here on this thread for personal reference & to give other an idea

Day 2: The First pills

- The best deep sleep I've ever had in a long time!! I took a pill of SEROQUEL last night around 11pm as mentioned by my family Dr. A few min after taking the pills it made me DIZZY and FATIGUED. I feel asleep 11:45pm whereas all the other nights I'd stay up until 3am.. I woke up with dry throat and dry nostrils. I'll make sure I be drinking more liquid before bed and moisturizing my lips and nostrils, maybe it'll help. I'm just glad it knocked me out & got my 10 hrs of sleep ■

- I just woke up 10am, I took a pill of CIPRALEX with an mid size stomach (ate small snack banana & sandwich) I felt a boost in energy unlike the past week where I was feeling low energy. Felt boosted

Day 2: I've been yawning a lot lately & my jaws tend to hurt when yawning, Weird.. Anyways

It's been a good day! I got my full 9 hours of sleep and didn't wake up once, Feels amazing!

Cipralelex gives me a boost in energy after 1-2 hours on midsize stomach. I'm feels less depressed/anxious than I was last couple of days . I've been struggling to finish my meals almost my whole life, I'm noticing increase in appetite, For the first time ever I managed to finish my whole serving yummmmy!

Day 3: Physical Work day!!

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#97

Changing of medication: Paroxetine + Sertraline to Buspirone

So, I'm changing meds, today I'm taking 25mg of Paroxetine and 50mg of Sertraline. But, due to an anxiety attack on my first day of college post-holidays. We decided to change the med to 10mg of Buspirone. What do you guys think about it? How does it work? Is it stronger than the ones I'm taking now?

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#98

I am so sick and tired.

I am nearly 40 and still struggling with depression, despite therapy, medication, and self-development.

Nothing makes it better; nothing has ever made me happy to be alive or even just accepting of it. I hate it; what is the purpose of any of this? Everything in the world seems to be getting worse, and it just generally feels like a worse place to live in. I'm not excited for the future or even interested in it; I don't want to keep going like this for another 40 years.

Don't get me wrong; I'm not suicidal at all, but if I were diagnosed with cancer again, I would be relieved.

I don't hate my job, but I've never enjoyed working, or found a job that has made me feel fulfilled. I don't even know what I really want to do with my life; I'm doing a Masters to progress in a career because it's the 'right' thing to do.

My relationship is hard work, but that's because for me, all relationships are difficult. I'm more confused about my sexuality now than I was a teenager; what if all my disappointing relationships is because I'm actually gay? Or maybe I am aromantic or asexual, or both. I honestly don't know.

I have a few friends but no real social life, and I am not motivated to change that. I have a favourite person but try not to put all my stuff on her, and don't like to burden my friends when I'm struggling. Mostly because I've spent over 20 years being depressed and I think people get fed up with hearing that I'm not any better; I'm still miserable, hate life and wish I could just give up.

I hate my body; more so since cancer and a hysterectomy 5 years ago. I struggle with my weight (menopause...), despise my scarred stomach, and feel disconnected from my body that I can't even do a headstand at yoga because my stomach muscles will not fully engage with me.

I know all the things I'm supposed to be doing – eat healthier, quit smoking cannabis, walk in nature, cut down caffeine and sugar, meditate, journal etc. but I don't want to do any of them (except quit smoking – it's a love/hate thing; I love the smoking and ritual involved but not the aftereffects but don't like cigarettes). I'm trying to find self-help books and podcasts to help me, but I think I might be too far down the rabbit hole at the moment to be able to fully engage with it.

I can't get therapy for these issues because I'm currently in psychosexual therapy for my immense lack of libido since my hysterectomy. It's taken me a year to get the therapy because I kept avoiding it and it's expensive, but I need it to work out what's wrong with me.

I had a wonderful therapist for 3 years but that ended in Jan last year, and I miss her so much. I was a little bit in love with her by the end of it so it's not a bad thing that it ended but I miss her greatly. I would love to be friends with her and could easily message her on FB, but I refuse to cross that boundary.

I'm fed up with being constantly exhausted, not enjoying my life and feeling like I'm trapped under a glass so can see everything around me but cannot connect. I don't want to tell anyone how I'm feeling because I expect everyone is sick of hearing about the chronically depressed woman who feels permanently empty inside.

(Diagnosis – BPD, depression, menopause Meds – venlafaxine and quetiapine, oestrogen, testosterone and progesterone)

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#99

Side effects Escitalopram (SSRI's)

So I recently (5 weeks) started with 15mg of Escitalopram daily, and 2 weeks ago I got upped to 20mg. Now I'm experiencing slime and blood in my stool. I know it's not a common side effect but CAN Escitalopram cause this? It doesn't help I'm suffering from health anxiety and that's the reason I'm getting the meds in the first place. Now I worry about bowel cancer...
Thanks guys.

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#100

Prozac for anxiety relief

So I told the PA about how my anxiety heightened up after i increased the dosage of bupropion to 300mg. Now I'm back to taking 150mg of bupropion. I got prescribed 10mg prozac for my anxiety. Is prozac good for anxiety relief?

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